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## Questions College Physicians Have to Answer

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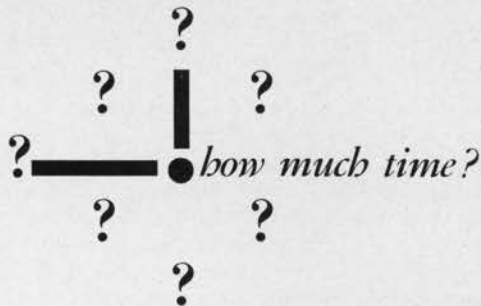
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**B**EFORE your 4 years in college are over, many different problems will confront you. And not the least of these are certain immediate and important questions of health.

Each and every student finds herself responsible for maintaining her health and efficiency while parcelling out her 24 hours a day. You're going to have to make constant choices between intensive study and intense men, working on the newspaper, playing tennis, drinking a coke, finishing a term paper, going to a football game, and—sometimes—sleeping.

At Wellesley we've closely observed a great many girls; although individual students vary so widely that it's not possible to lay down definite health rules applicable to all of them, we are able to answer some of the questions that arise most frequently.

We have often been asked,

*"What is the best balance for the average student to strike between time allotted for dates and time allotted for studies?"*

Our first reply is "What is a date? And what is an average student?"

What may be an inordinate number of dates for a girl who dreams, gossips, and knits away her time may be perfectly reasonable for a student who knows how to organize her work. When a woman plans to go out at nine some evening, the date often is a spur to more concentrated, effective study during afternoon and early evening. Many students have found it wise to limit serious dating to weekends, although in recent years "study dates" in the middle of the week have become popular, especially when you date one boy exclusively. And more actual studying is accomplished during these hours spent sitting in the library or on the grass by the lake than one might expect!

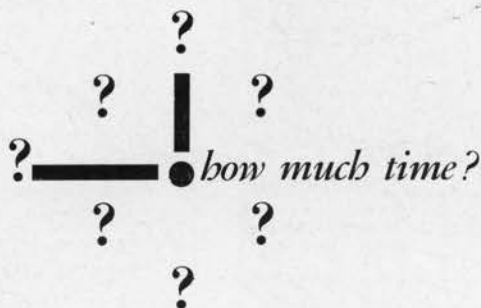
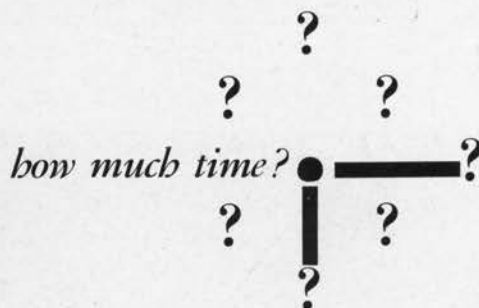
We've learned that from the standpoint of mental health and happiness too little dating is more likely to have an adverse effect than too much dating. Just as the college woman, no matter how devoted to her work, must make friends in the dormitory group to gain a sense of belonging to campus life, so, too, you need real friendships with men for security, self-confidence and relaxation.

*(Continued on page 10)*

**By Dr. Elizabeth L. Broyles, Resident Physician, and  
Dr. E. Ruth Breitwieser, Assistant Resident Physician,  
of Wellesley College**

# QUESTIONS

## college physicians have to answer



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## QUESTIONS physicians answer

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Going out too often is most likely to be detrimental to your physical health when it leads to missing sufficient sleep several nights a week. Emotional strain, too, sometimes results from certain dating relationships. The woman who has limited herself to one man but sees no hope of marriage in the near future may find the tension hard to manage and may become either discouraged or nervous about it. Or if she is tempted by practices incompatible with her own conscience, her parents' wishes, or the respect of her friends, she naturally is inclined to become strained and upset.

"What are the dangers in taking sleeping pills and pills to stay awake?" is another question that occurs to college women. Sleeping pills have their value, and their use is occasionally indicated. But unless prescribed by a physician, they may give only partial relief while allowing a serious condition, either physical or mental, to continue to such a point that correction is difficult.

Accumulated fatigue is the danger that comes from taking pills to keep awake. Drugs that produce stimulation also produce secondary exhaustion, and although their continued use at first causes increased stimulation, exhaustion soon follows. This isn't true, of course, when stimulants are required in certain conditions that demand medical attention and are used under supervision.

A frequent question, and a very normal one to ask, is "Are there any new health problems that face freshmen as they enter college life?" Group living, such an essential part of college life, is usually a new experience for freshmen. Sleeping in a dormitory, which, despite all regulations, is bound to be noisy, and studying and living amid the comparative confusion are a strain, particularly at first, for many students. Often, in their first enthusiasm for the richness and excitement of college life, freshmen try to do too much, staying awake till all hours and tearing around during the day.

Many a freshman has never before been free of the direct supervision of home or boarding school. For the first time she must make her own decisions about dates and other social activities. Here, too, her relationship with the women in her dormitory is important, for it is by talking with the others during those prolonged "bull sessions" that she gets an idea of the accepted morals. Drinking and petting are two of the problems related to mental physical health that a girl must face at one time or another, and often she first encounters them as she enters the comparatively adult world of college. The opinions of her friends will vary, but she will discover quickly that popularity doesn't depend on daring.

A more serious query we've had occasion to deal with is "What are the most common causes of nervous breakdowns and nervous disorders among college girls?" We've found that nervous breakdowns and disorders almost invariably have their beginnings long before the students reach college. The most important factors underlying such disorders are an unhappy family background and insecure or sad early years. Over-

study is not important in itself. If, however, it is an indication of a girl's concern over her inability to meet the demands of college life as a whole, it is a nervous symptom of some importance.

When we are asked to give the most important rules for maintaining top efficiency during college years, we answer that certainly adequate rest and a well-balanced diet are vitally necessary for all students. But to keep up a good work standard during 4 years at college a student must have not only a real interest in attending college but also the basic capacity to study successfully without too great a price to herself. And she must have more immediate goals, academic and social, than the long-range goal of graduation. Satisfaction from your studies and the self-expression and gaiety you find in campus activities and dates are essential to your health and ability as a student. You need to take pleasure in the process of being educated.

*(This article has been reprinted, with permission, from the June, 1950 issue of Good Housekeeping magazine).*

## Career in Television

*(Continued from page 4)*

hours to produce the 15-minute show. No definite listener responses have been received to date, but we believe that this is a step in the right direction," she continues.

When cameras and lights necessary to produce video shows are obtained by WOI, the Home Economics Division will also have its finger in the pie. Look-ins on sewing, foods, and art classes may be televised, showing the students doing actual class work. Demonstration shows for homemakers in their kitchens, similar to those given on national networks, may also be given.

"The opportunities in this at Iowa State are unlimited," says Dean P. Mabel Nelson, of the Division of Home Economics. "We have a golden opportunity to distribute home economics news in a new and different way through the medium of television."

Iowa State College is the only campus in the country which operates a television program. With this advantage, and with the possible TV training program next spring, Iowa State may turn out some of the finest TV demonstrators and personalities in the nation. In a few years it may be you who appears on the television screen and says to thousands of homemakers, "Today I should like to prepare for you . . ."

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